



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09148, Kiwifruit, green, raw

Report Date: June 30, 2017 11:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	83.07	20	0.989	80	85.11	2.0	78.819	87.327	3	Analytical or derived from analytical	--	01/2003
Energy	kcal	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	255	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Protein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	1.14	20	0.116	0.8	1.6	2.0	0.645	1.64	3	Analytical or derived from analytical	--	01/2003
Total lipid (fat) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.52	20	0.120	0.11	1.09	2.0	-0.001	1.036	3	Analytical or derived from analytical	--	01/2003
Ash <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.61	20	0.044	0.4	0.72	2.0	0.417	0.8	3	Analytical or derived from analytical	--	01/2003
Carbohydrate, by difference	g	14.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary <a href="#">2</a> <a href="#">3</a>	g	3.0	8	0.211	2.3	3.8	6.0	2.504	3.559	2	Analytical or derived from analytical	--	01/2003
Sugars, total <a href="#">2</a> <a href="#">3</a>	g	8.99	8	0.163	8.37	9.52	6.0	8.588	9.399	2	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">2</a> <a href="#">3</a>	g	0.15	8	0.021	0.07	0.33	3.0	0.085	0.219	2	Analytical or derived from analytical	--	01/2003
Glucose (dextrose) <a href="#">2</a> <a href="#">3</a>	g	4.11	8	0.055	3.8	4.55	3.0	3.944	4.276	2	Analytical or derived from analytical	--	01/2003
Fructose <a href="#">2</a> <a href="#">3</a>	g	4.35	8	0.084	4.04	4.8	4.0	4.11	4.589	2	Analytical or derived from analytical	--	01/2003
Lactose <a href="#">2</a> <a href="#">3</a>	g	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Maltose <a href="#">2</a> <a href="#">3</a>	g	0.19	8	0.016	0.15	0.3	3.0	0.145	0.243	2	Analytical or derived from analytical	--	01/2003
Galactose <a href="#">2</a> <a href="#">3</a>	g	0.17	8	0.089	0	0.82	3.0	-0.109	0.454	2	Analytical or derived from analytical	--	01/2003
Starch <a href="#">2</a>	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	34	20	4.113	21	45	3.0	20.721	46.899	4	Analytical or derived from analytical	--	01/2003
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.31	21	0.062	0.17	0.7	3.0	0.114	0.511	4	Analytical or derived from analytical	--	01/2003
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	17	21	0.953	12	23	3.0	13.626	19.694	4	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	34	19	1.603	25	42	2.0	27.031	40.825	3	Analytical or derived from analytical	--	01/2003
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">4</a>	mg	312	16	6.598	286	358	2.0	283.375	340.152	3	Analytical or derived from analytical	--	01/2003
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	3	18	0.713	0	4	3.0	0.503	5.04	4	Analytical or derived from analytical	--	05/2003
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.14	21	0.010	0.09	0.2	3.0	0.106	0.17	4	Analytical or derived from analytical	--	01/2003
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.130	21	0.007	0.08	0.18	3.0	0.108	0.153	4	Analytical or derived from analytical	--	01/2003
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">4</a>	mg	0.098	17	0.011	0.07	0.16	2.0	0.052	0.145	3	Analytical or derived from analytical	--	01/2003
Selenium, Se <a href="#">2</a> <a href="#">3</a>	µg	0.2	5	0.040	0.1	0.3	3.0	0.109	0.364	2	Analytical or derived from analytical	--	01/2003
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">3</a>	mg	92.7	16	3.367	77.4	118	1.0	49.914	135.469	2	Analytical or derived from analytical	--	01/2003
Thiamin <a href="#">3</a>	mg	0.027	2	--	0.01	0.04	1.0	--	--	1	Analytical or derived from analytical	--	01/2003
Riboflavin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.025	18	0.003	0.02	0.03	2.0	0.014	0.037	3	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.341	18	0.032	0.25	0.44	2.0	0.204	0.479	3	Analytical or derived from analytical	--	01/2003
Pantothenic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.183	18	0.025	0.13	0.28	2.0	0.077	0.29	3	Analytical or derived from analytical	--	01/2003
Vitamin B-6 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.063	18	0.002	0.06	0.08	2.0	0.054	0.072	3	Analytical or derived from analytical	--	01/2003
Folate, total <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	μg	25	17	2.021	20	35	2.0	16.332	33.723	3	Analytical or derived from analytical	--	01/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	25	17	2.021	20	35	2.0	16.332	33.723	3	Analytical or derived from analytical	--	05/2009
Folate, DFE	μg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total <a href="#">2</a> <a href="#">3</a>	mg	7.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine <a href="#">2</a> <a href="#">3</a>	mg	0.5	2	--	0.5	0.5	--	--	--	2	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	μg	4	18	0.236	3	6	2.0	3.331	5.363	3	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	µg	52	18	2.982	32	70	2.0	39.614	65.275	3	Analytical or derived from analytical	--	01/2003
Carotene, alpha <a href="#">2</a> <a href="#">3</a>	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta <a href="#">2</a> <a href="#">3</a>	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin A, IU <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	IU	87	18	4.722	53	120	2.0	66.626	107.263	3	Analytical or derived from analytical	--	01/2003
Lycopene <a href="#">2</a> <a href="#">3</a>	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Lutein + zeaxanthin <a href="#">2</a> <a href="#">3</a>	µg	122	6	5.764	96	150	4.0	105.411	137.923	2	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a>	mg	1.46	16	0.043	1.28	1.82	15.0	1.367	1.552	2	Analytical or derived from analytical	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">2</a>	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Tocopherol, gamma <a href="#">2</a>	mg	0.03	4	0.005	0.02	0.04	3.0	0.012	0.043	1	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta <sup>2</sup>	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <sup>2 3</sup>	µg	40.3	8	1.786	33.9	50.3	4.0	35.09	45.499	2	Analytical or derived from analytical	--	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
16:0	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
18:0	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fatty acids, total monounsaturated	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
18:1 undifferentiated	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fatty acids, total polyunsaturated	g	0.287	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
18:2 undifferentiated	g	0.246	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
18:3 undifferentiated	g	0.042	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Tryptophan <sup>2 3</sup>	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Threonine <sup>2 3</sup>	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine <sup>2 3</sup>	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine <sup>2 3</sup>	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine <a href="#">2</a> <a href="#">3</a>	g	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine <a href="#">2</a> <a href="#">3</a>	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine <a href="#">2</a> <a href="#">3</a>	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine <a href="#">2</a> <a href="#">3</a>	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tyrosine <a href="#">2</a> <a href="#">3</a>	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Valine <a href="#">2</a> <a href="#">3</a>	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine <a href="#">2</a> <a href="#">3</a>	g	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine <a href="#">2</a> <a href="#">3</a>	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine <a href="#">2</a> <a href="#">3</a>	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid <a href="#">2</a> <a href="#">3</a>	g	0.126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid <a href="#">2</a> <a href="#">3</a>	g	0.184	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine <a href="#">2</a> <a href="#">3</a>	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline <a href="#">2</a> <a href="#">3</a>	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine <a href="#">2</a> <a href="#">3</a>	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">8</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Petunidin <a href="#">8</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Delphinidin <a href="#">8</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Malvidin <a href="#">8</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Pelargonidin <a href="#">8</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Peonidin <a href="#">8</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">8 9 10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">8 9 10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">8 9 10</a>	mg	0.3	--	0.05	0	0.45	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">8 9 10</a>	mg	0.0	--	0.01	0	0.08	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">8 9 10</a>	mg	0.1	--	0.09	0	1.11	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">8 9 10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin <a href="#">8</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin <a href="#">8</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">8 11</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin <a href="#">8 11 12</a>	mg	0.7	--	0.74	0	2.23	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">11 12 13</a>	mg	1.0	--	1.02	0	3.06	--	--	--	--	--	--	--
Myricetin <a href="#">8 11 12 13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin <a href="#">8 11 12 13</a>	mg	0.0	--	0.04	0	0.21	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">14</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">14</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">14</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">5 6 7</a>	mg	0.6	--	0.22	0.14	0.87	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">5 6 7</a>	mg	0.5	--	0.19	0.11	0.77	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">6 7</a>	mg	1.2	--	0.91	0	2.43	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">6 7</a>	mg	0.2	--	0.26	0	0.54	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">6 7</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

#### Sources of Data

<sup>1</sup>Produce Marketing Association (PMA) Nutrient Content of Kiwi, 1983

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5c, 2001 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5m, 2001 Beltsville MD

<sup>4</sup>N.J. Miller-Ihli **Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States**, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311

<sup>5</sup>de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. **Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages**, 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>6</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Concentrations of proanthocyanidins in common foods and estimations of normal consumption**, 2004 J. Nutr. 134 pp.613-617

<sup>7</sup>Hellström, Törrönen, A.R., and Matilla, P.H. **Proanthocyanidins in common food products of plant origin**, 2009 J. Agric. Food Chem. 57 pp.7899-7906

<sup>8</sup>Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. **Flavonoid content of U.S. fruits, vegetables, and nuts**, 2006 J. Agric. Food Chem. 54 pp.9966-9977

<sup>9</sup>Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. **Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods.**, 2000 J. Agric. Food Chem. 48 pp.1746-1751

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